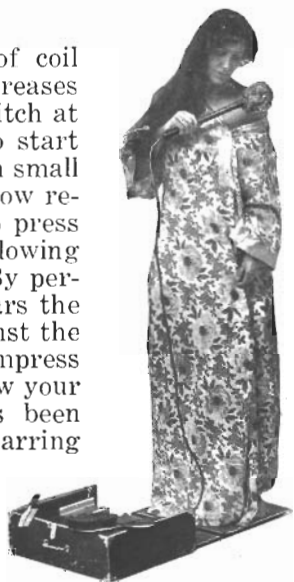


Instructions for Operating and Using The Roche Electric Hygienic Machine

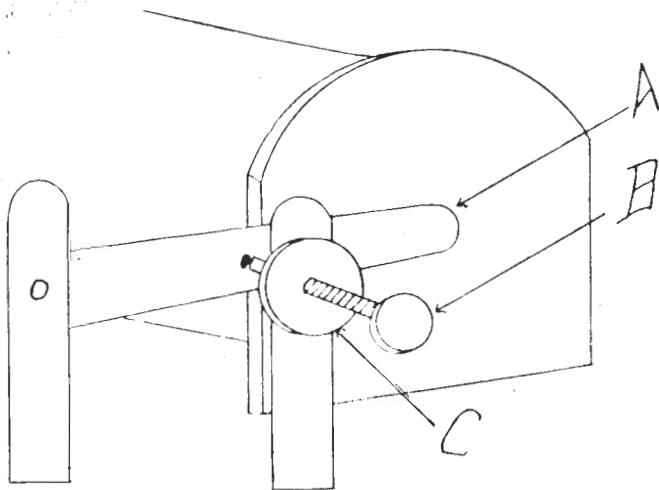
The operator should first thoroughly master the method of using the machine, and the correct way of applying it. This is the most essential part. **UNDER NO CIRCUMSTANCES** should an inexperienced operator be permitted to use the machine or give treatments. **THIS IS VERY IMPORTANT.**

HOW TO OPERATE MACHINE

The rheostat or large switch, in center of coil board is what regulates the current, which increases when moved from left to right. The small switch at lower right corner is the battery switch. To start machine place this switch in an on position (on small bead) and give Interrupter A a slight jar. Now remember what me mean by a slight jar, is to press the vibrator towards the core of the coil, allowing your finger to slip off it, at the same time. By permitting the finger to slip off the vibrator it jars the interrupter. If you push the interrupter against the core, it will not start. This is why we try to impress thoroughly upon your mind that you must allow your finger to slip off the vibrator after it has been pressed against the core. Be careful in jarring Interrupter, so as not to lift up on it, thereby separating platinum contact points. This will start machine running. **BE SURE THE SMALL SWITCH IS OFF WHEN NOT IN USE**, as if same is left on, batteries will soon die out, and always see that the battery connections are kept tight.



Current should be applied direct to body
but kimona can be used if necessary



As your batteries grow weak you will have to adjust the Interrupter A, which is the only adjustment on machine. This is done by releasing Lock Nut C, and screwing in on Screw B. Adjust until Interrupter is vibrating fast and steady, and giving off steady and even current. If machine is running all right **LEAVE IT ALONE.**

Two No. 6 dry cells are used in operating the machine. The life of the batteries should be from eight to ten months.

HOW TO USE MACHINE

Do not be afraid of the current. It cannot hurt you, or cause any harm whatever. Use the machine and take the current until you become accustomed to it and are not afraid of it.

When taking the first treatment, be sure the current is mild. Use on first point of rheostat. Increase the current as treatment progresses, but do not take it too strong to be uncomfortable. The entire first treatment should be very mild.

After using once or twice you will become accustomed to it, will enjoy it and take a stronger current, and look forward to your treatments. If the current is used too strong it will make the muscles sore and irritable.

Never give anybody a sharp unexpected shock, or allow anybody to play jokes with the machine.

FURTHER INSTRUCTIONS

This machine was thoroughly tested and adjusted before leaving factory and should work satisfactorily after all packing has been removed and the battery switch it turned on.

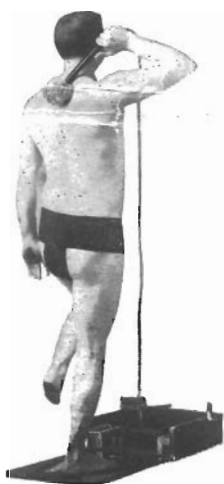


Plate 1

With regard to using the machine. First, wet the sponge thoroughly, wringing same fairly dry, so that it will not drip. Attach to right hand post. Start machine by throwing on small switch. Stand on foot plates with both feet. Place the sponge on the back below the neck, and between the shoulder blades and raise one foot and then the other, as if walking, as illustrated in Plate No. 1. Keep this up about two minutes. This starts a general circulation through the body and gives you a chance to test the strength of the current. After this, start to rub yourself as you see fit. Up and down the spine, across the small of the back, over the kidneys, over the abdomen, down the legs and arms. Remember you must use it very mild around forehead and temples.

Always take the **GENERAL TREATMENT** as described here, as this starts a **GENERAL CIRCULATION**, after which you can massage the afflicted parts where you need it the most. In this way it is easier to get the circulation into the sluggish parts.

With Regard to Length of Treatment. We recommend the use of our machine from ten to twelve minutes. There will be no ill effect when taken longer, but we do not advise them, as same are unnecessary.

With Regard to Number of Treatments. We recommend the daily use of our machines. It is by pouring this current into the body daily, where ~~the effects of one treatment lapses into the other~~ that the benefit is derived. Electricity cannot be taken once or twice a week with any results. In severe cases and cases that are chronic we recommend their use twice a day, morning and evening.

When Treatments Should Be Taken. Treatments can be taken either upon retiring or in the morning upon arising. For **INSOMNIA** we recommend its use at night on retiring. Massage well down the back of the neck. If you are awakened in the night do not lie awake and let your nerves get the best of you, get up and use the machine, as it will be found very effective in getting you back to sleep. If it is found to stimulate too much we recommend its use in the morning.

FOR HIGH BLOOD PRESSURE OR HARDENING OF THE ARTERIES

For high blood pressure or hardening of the arteries we recommend a general massage, rubbing well down the back of the neck and the spine. We recommend that you write Prof. Roche personally, giving him the birth of your trouble, and he will outline a course of diet and hygienic treatment for you. This is also very essential to any one suffering from any chronic ailment, to consult Prof. Roche while using the machine.



Plate 2

Illustrating Plate No. 2. Start and rub yourself with the sponge as cut shows, making a full circle from right to left over abdomen. This treatment is especially recommended for **CONSTIPATION**, **NEURALGIA**, so-called **APPENDICITIS**, and will also reduce **LARGE ABDOMENS**.

Illustrating Plate No. 3. Showing how to treat **SPINAL TROUBLE**, **VERTIGO**, **NEURITIS**, **PARALYSIS**, **LOCOMOTOR ATAXIA**, **KIDNEY TROUBLE** and **LUMBAGO**. Rub up and down the spine, across the back, over the kidneys. In treating **ALL NERVE TROUBLES** work well on spine and back of neck. Always rub downwards on back of neck, as all the nerves center through the spine.

Illustrating Plate No. 4. Illustrates treatment for **VARICOSE VEINS**. Start from the foot and rub up towards the body; this starts a circulation



Plate 3

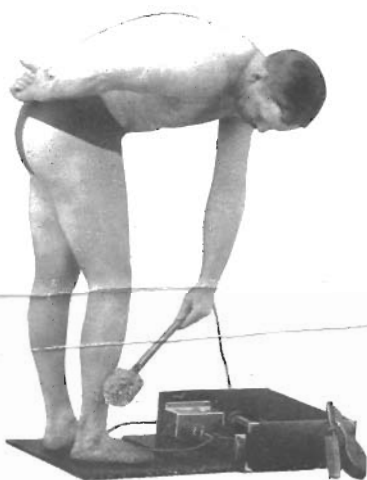


Plate 4

and carries off that dead clotted blood that fills those veins. If you have RHEUMATISM or GOUT and the knee joints are swollen and stiff, apply electricity well.

Illustrating Plate No. 5. This shows manner in which the current is applied to limbs. We recommend its use for all forms of RHEUMATISM and NERVE TROUBLES.

Illustrating Plate No. 6. Showing how to treat the BLADDER and PROSTATE GLANDS, and overcoming sexual weakness. Standing on the foot plates with the toes turned out so that the heels touch the foot plates, and a little bowed in the knees, place the sponge between your legs up against the coxy or base of spine. Hold the electrode there about three minutes, finishing with a general massage. If unable to stand, same can be taken while

sitting. We recommend this treatment for LOCOMOTOR ATAXIA, PARALYSIS, and other MOTOR NERVE TROUBLES. For VARI-COCELE apply it also to those parts, rubbing upward.

The rectal electrode which you will find in machine is to be used in cases of CHRONIC CONSTIPATION, or where the bowels are practically paralyzed. It is also used in treating PROSTATE GLAND TROUBLE, but we recommend our special prostatic electrode, as it has a more direct effect upon the gland. In using electrode it is attached with extra cord to right hand post. Use a little vaseline before inserting. We recommend sitting while using for constipation, and kneeling on foot plates for prostate gland trouble, or it can be taken while sitting on the side of a chair, leaning forward with your right foot on the foot plates. This is a very easy way to insert the electrode. Use two or three minutes and remember electrode must be inserted before machine is started.

Our machine has been very successful in the treatment of GOITRES, holding the electrode on the neck, with a rolling motion and rubbing downward.

In using the hair brush, comb, and rectal electrode, these are attached to right hand post with extra cord, and are used while standing on foot plates. The bedplate is used for treating a patient confined to bed. Attach by extra cord to left hand post, and place under spine of patient. Massage with sponge same as when standing.

To give ELECTRIC MASSAGE treatment to patients in bed, as the patient lies on the bed plate, you can use the body electrode upon them just the same as upon yourself. If you wish to give an electric hand massage, you should get our wrist attachment. In this way the current is taken through the operator.

For DANDRUFF and FALLING HAIR. Never give this treatment after using tonics containing alcohol. Use the tonic if you wish to use one, after the electrical treatment.

Remember this machine is guaranteed. It is not liable to get out of order, but in case it does, do not return it until you have first written us. We may be able to tell you what to do and so save you needless express charges.

Under no circumstances should you try to take the machine apart or permit anyone to do so.

It is sealed. If the seal be broken, our guarantee ceases.

FOR ELECTRIC SHOWER BATH. Special wires are required which can be procured at slight cost. A wire is connected to left hand post and attached to bed plate, which is placed under shower, so that it is stood upon. It is advisable to place a towel over plate. Other connection is made from right hand post to outlet of shower or spray. It is advisable to use a rubber cap on head. Also keep machine far enough away from shower so that it will not

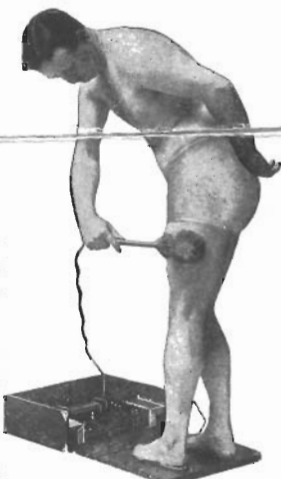


Plate 5



Plate 6

get wet.

After using machine be sure and wipe any water off that may drop from sponge.

NEVER LEAVE THE SPONGE IN CASE WHEN WET, as same will affect finish of case.

INSTRUCTIONS FOR OPERATING OUR No. 18 COMBINATION HIGH FREQUENCY MACHINE

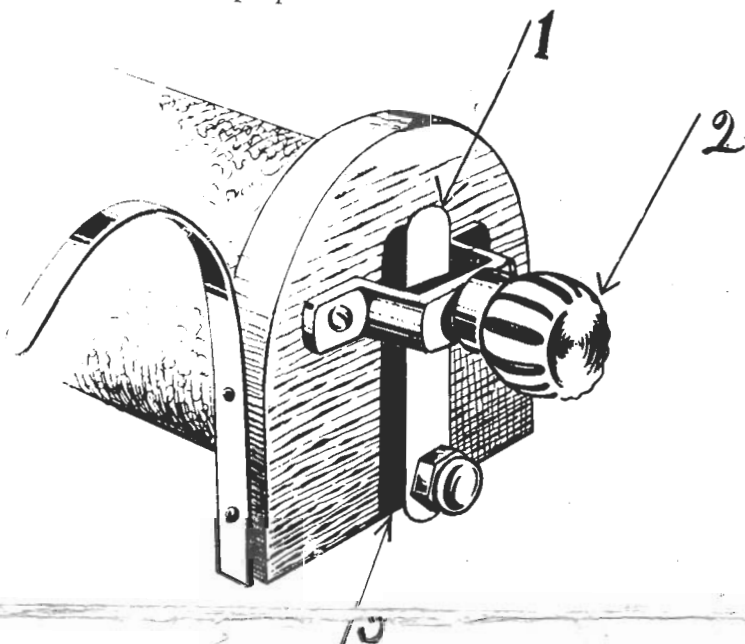
Our High Ray is operated either from 110 Volt Direct or Alternating current, 60 cycles. Where the current is 220 Volts a **special condenser** will have to be installed. Do not place the machine upon any metal stand or table, or you will ground and short the circuit.

ATTACHING. Screw the attachment plug into the lamp socket, then turn knob No. 2, turning knob to the right will increase the spark, and turning it to the left will reduce the spark. Knob No. 2 is the only means of regulating the high frequency current. No. 1 is the vibrator, which vibrates against the core of the coil. In some cases through shipping or rough handling the vibrator may need adjustment. This is done by the use of a pair of small pliers, by pressing in or out on the vibrator, near the nut, which holds the vibrator stationary, as you will see by Figure 3. But should there be any spark or Violet flow through the electrode, leave it alone. As a rule it will adjust of itself. The hard rubber handle which contains the resonator coil, holds the various electrodes as illustrated in Plate 7. In inserting the electrodes into the handle, push them in straight, and remove in the same way. Do not

twist; if you do you are liable to break the glass electrode. The various electrodes should always be handled very carefully. Should the tips become injured or they become cracked or punctured, they lose their vacuum and their properties to conduct the current.



Plate 8



High Frequency or Violet Ray can be used direct upon the skin or through the clothes. We recommend where there is a severe case of neuritis to apply the machine through the clothes, or for any ailment which requires heat. There is really no secret in applying this current or giving treatment, just merely apply it to the affected parts or where you see fit.

In Using Our Ozonizer, which we recommend to anyone suffering from catarrh, asthma, or weak lungs. The discharge from the coil passing through the exhausted chamber in the Ozonizer, produces a liberal amount of ozone, which is purified by passing through an oil solution, and is delivered to the patient by pressing a rubber bulb. We prefer that you use this formula, which is very efficient and pleasant to use. One part oil of eucalyptus, and two parts oil of pine needles. Any other information will be gladly given upon request by writing the

ROCHE ELECTRIC MACHINE COMPANY

GRAND RAPIDS, MICHIGAN